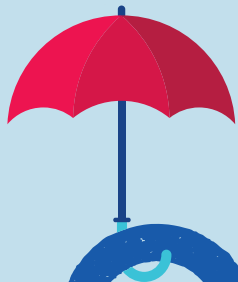


HANDBOOK FOR HEALTH HEROES

An illustration in the top left corner shows a medical syringe with a needle, a pink bandage with a cross, and a small white vial labeled "COVID-19 VACCINE". They are set against a background of colorful, jagged comic book-style starbursts in yellow, orange, and red.

ANSWERS TO YOUR FAMILY'S QUESTIONS ABOUT COVID-19 VACCINES FOR KIDS





Seattle Department of
Education & Early Learning



CHILD CARE ASSISTANCE PROGRAM

Helping Families Pay for Child Care

SERVING KIDS AGES 0-12

**OVER 200+ SEATTLE
PROVIDERS CITYWIDE**

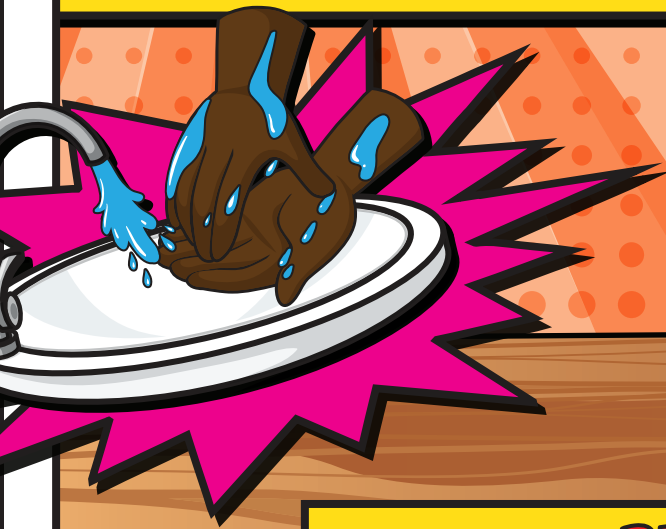
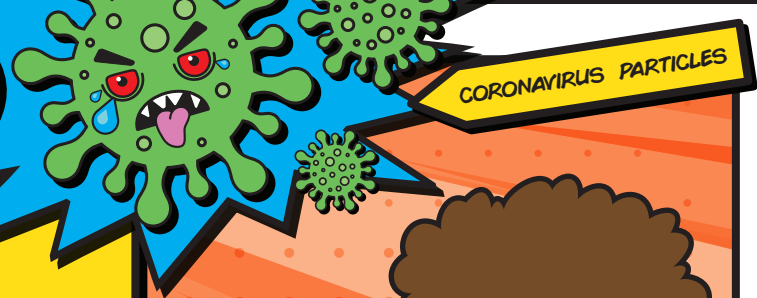
LEARN MORE AND APPLY AT:

206-386-1050
ccap@seattle.gov



COVID-19

HAS CHANGED **A LOT** OF THINGS ABOUT
OUR DAILY LIVES: FROM HOW WE **LEARN**
AND GO TO **SCHOOL,**
TO HOW WE SPEND TIME **TOGETHER.**

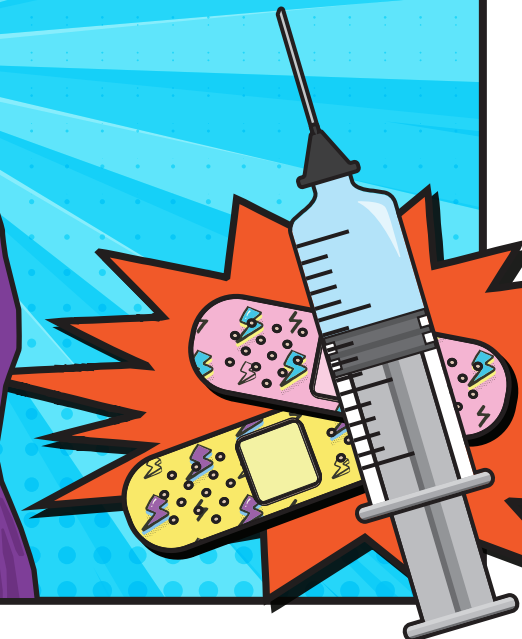


AS WE LEARN THE **BEST** WAYS TO **PROTECT** OURSELVES
AND OTHERS FROM **COVID-19,** A LOT OF US HAVE

QUESTIONS...



THIS GUIDE HAS ANSWERS TO
MANY OF THOSE QUESTIONS
ABOUT VACCINES FOR KIDS AND
RESOURCES TO LEARN MORE.





WHY SHOULD KIDS GET A COVID-19 VACCINE?

VACCINES CAN HELP PROTECT YOU FROM SOME OF THE ILLNESSES THAT CAN MAKE YOU VERY SICK AND CAN MAKE THE PEOPLE AROUND YOU REALLY SICK. WE CAN SPREAD THE COVID-19 VIRUS TO OTHERS EVEN IF IT DOESN'T MAKE US VERY SICK.



THIS IS AN IMPORTANT TIME WHEN WE ALL HAVE TO DO THINGS TO MAKE SURE NOT ONLY WE ARE PROTECTED, BUT SO ARE THE PEOPLE THAT WE LOVE, THE PEOPLE THAT WE SPEND TIME WITH IN SCHOOL, AND THE FOLKS WE KNOW IN OUR NEIGHBORHOODS.



WE NEED THE VACCINE, NOT JUST FOR OURSELVES, BUT FOR THE PEOPLE AROUND US. WHEN KIDS GET VACCINATED, IT PROTECTS THE ENTIRE COMMUNITY. WHEN MORE FOLKS ARE VACCINATED, THE VIRUS CAN'T SPREAD AS EASILY.

IS THE **KIDS' VACCINE**
THE SAME AS THE **VACCINE**
FOR **GROWNUPS**?

THE COVID-19 VACCINE FOR KIDS IS THE
SAME KIND OF VACCINE - THE SAME MEDICINE
IS IN IT TO PROTECT YOU...



...BUT THE DOCTORS AND THE SCIENTISTS WHO
MADE IT, MADE IT SPECIALLY JUST FOR KIDS!



THE RIGHT DOSE, THE RIGHT WAY, AND THE
RIGHT AMOUNT JUST FOR YOUR BODY.



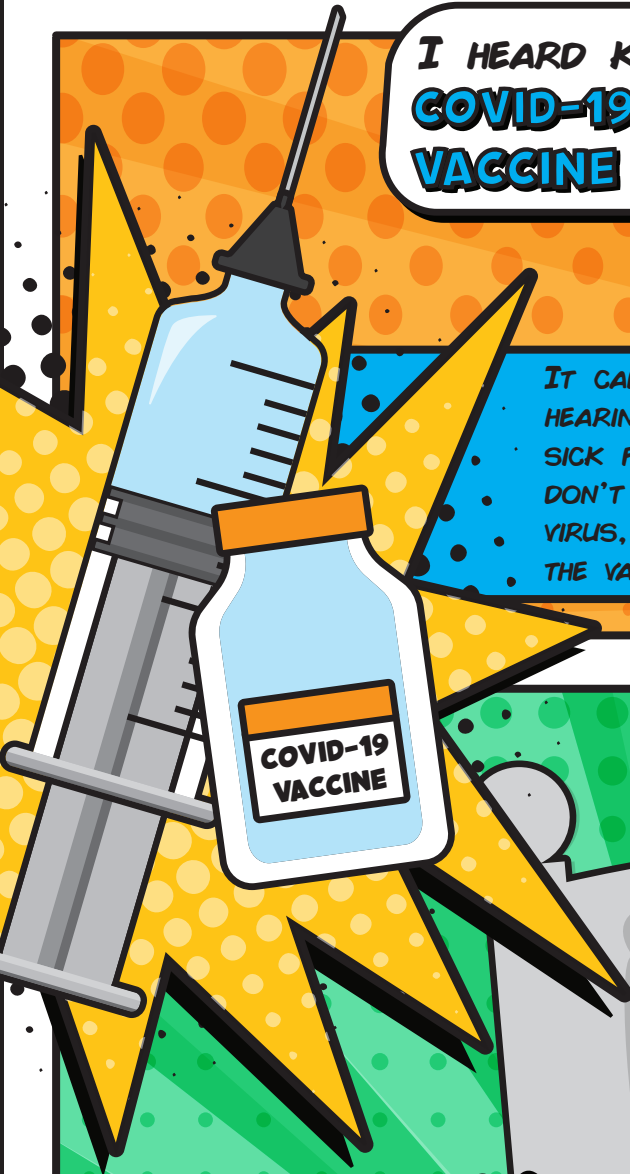


CAN I GET **COVID-19**
FROM THE **VACCINE**?

A LOT OF PEOPLE HAVE HEARD THIS AND THE ANSWER IS ABSOLUTELY NOT! YOU WILL NOT GET THE CORONAVIRUS INFECTION FROM THE VACCINE.

I HEARD KIDS DON'T GET VERY SICK FROM **COVID-19**. DO I STILL NEED TO GET THE **VACCINE** IF I WON'T GET VERY SICK?

IT CAN SEEM LIKE YOU KEEP HEARING THAT KIDS DON'T GET THAT SICK FROM COVID-19. MAYBE THEY DON'T GET SICK AT ALL WITH THE VIRUS, SO WHY WOULD YOU NEED THE VACCINE, RIGHT?




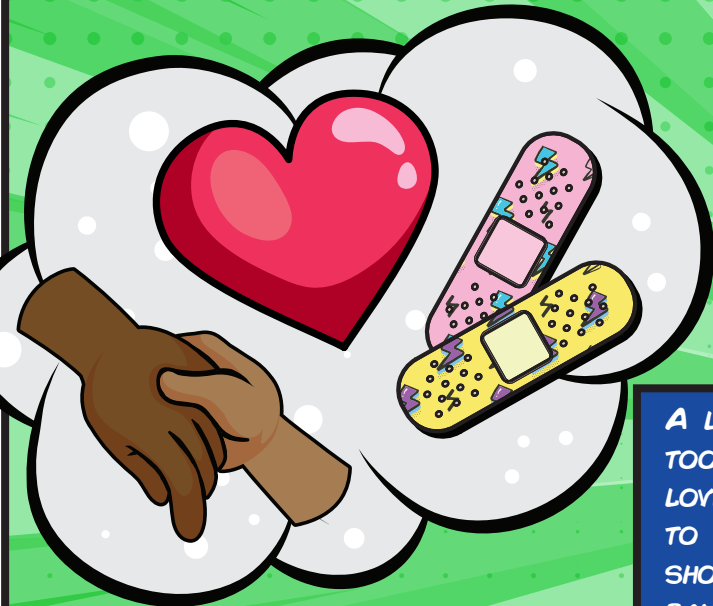
WELL, IT TURNS OUT AS WE KEEP LEARNING MORE ABOUT THE VIRUS, AND AS THE VIRUS KIND OF CHANGES A LITTLE BIT, KIDS DO GET SICKER. MORE AND MORE KIDS IN THE PAST SIX MONTHS OR YEAR HAVE STARTED TO GET MUCH SICKER MORE OFTEN WITH THE VIRUS AND ITS NEWER STRAINS. SO IT IS IMPORTANT FOR KIDS, JUST LIKE ADULTS, TO MAKE SURE THAT THEY STAY HEALTHY BY GETTING THE VACCINE.



WILL IT **HURT**
TO GET THE **SHOT** ?

IT'S A POKE. IT'S DEFINITELY A BIT OF AN OUCH, BUT THAT GOES AWAY PRETTY QUICKLY. YOU'VE HAD VACCINES BEFORE, RIGHT? YOU KNOW HOW THEY FEEL. NOBODY LOOKS FORWARD TO THEM, BUT ONCE YOU GET THROUGH IT, IT'S NOT AS BAD AS YOU THOUGHT IT WOULD BE BEFORE YOU GOT THE SHOT.

I'M **SCARED** OF **SHOTS**!
WHAT SHOULD I DO ?



A LOT OF US ARE SCARED OF SHOTS, GROWNUPS AND KIDS, TOO. SOMETIMES IT'S NICE TO HAVE SOMEBODY THAT YOU LOVE CLOSE BY WHEN YOU GET A SHOT. SOMETIMES IT'S NICE TO SQUEEZE THEIR HAND REALLY HARD WHEN YOU GET A SHOT. IT'S ALSO NICE TO MAKE SURE THAT YOU HAVE A BAND-AID ON RIGHT AFTERWARDS. NOT SURE WHY, BUT THAT CAN ALWAYS MAKE YOU FEEL A LITTLE BETTER.

FOR SOME PEOPLE, IT CAN FEEL SORE RIGHT WHERE THEY GOT THE POKE. THERE MAY BE SORENESS IN YOUR SHOULDER AND YOU COULD FEEL THAT THE NEXT DAY OR THE DAY AFTER. SOMETIMES IT EVEN HURTS WHEN YOU MOVE YOUR ARM AROUND A LITTLE BIT.



WHAT DOES IT **FEEL** LIKE
AFTER I GET THE **VACCINE**?

SOME PEOPLE, KIDS AND ADULTS, MIGHT GET A HEADACHE OR MIGHT JUST FEEL A LITTLE RUN DOWN. MAYBE YOUR ENERGY IS A LITTLE BIT LOW, LIKE YOUR BATTERY IS LOW, FOR A DAY OR TWO AFTERWARDS. IF YOU GET A FEVER OR IF YOU'RE FEELING REALLY SICK, MAKE SURE YOU LET YOUR PARENTS KNOW AND THEY MIGHT WANT TO CALL YOUR DOCTOR.

WHAT IF I **ALREADY** GOT
COVID-19? DO I STILL **NEED**
TO GET THE **VACCINE**?

LOTS OF SCIENTISTS HAVE BEEN WORKING ON THIS QUESTION FOR A LONG TIME! AND THE ANSWER IS YES, YOU STILL NEED THE VACCINE.

YOUR IMMUNE SYSTEM IS YOUR BODY'S SUPERHERO DEFENSE SYSTEM THAT FIGHTS TO KEEP YOU HEALTHY! HAVING HAD THE VIRUS DOES HELP YOUR IMMUNE SYSTEM BE READY FOR IT SOME, BUT IN ORDER TO BE REALLY READY TO FIGHT OFF THAT VIRUS IF IT SHOWS UP AGAIN, YOU NEED THE VACCINE.



WHAT IF MY **BIRTHDAY** IS COMING UP...
AND I **TURN 12** AFTER MY **FIRST DOSE**
BUT **BEFORE** MY **SECOND DOSE**?



UNLIKE A LOT OF OTHER MEDICATIONS, VACCINE DOSAGES
ARE BASED ON AGE AND NOT SIZE OR WEIGHT.

IF YOU TURN 12 BETWEEN YOUR FIRST AND SECOND
DOSE OF THE VACCINE, YOUR SECOND DOSE SHOULD BE
THE VACCINE FOR ADOLESCENTS AND ADULTS.



IT'S IMPORTANT TO GET YOUR VACCINE. THE VACCINE IS GOING TO DO SO MUCH TO HELP PROTECT YOU AND THE PEOPLE YOU LOVE AND CARE ABOUT FROM GETTING SICK. SOMETIMES YOU MIGHT STILL NEED TO WEAR A MASK, ESPECIALLY WHEN SOMEONE TELLS YOU IT'S IMPORTANT TO WEAR A MASK. SOMETIMES IT COULD BE AN IMPORTANT TIME TO WEAR YOUR MASK WHEN YOU'RE INDOORS AND YOU'RE AROUND A LOT OF OTHER PEOPLE. ALSO, REMEMBER TO KEEP WASHING YOUR HANDS A LOT!

THE VACCINE IS OUR BEST DEFENSE AGAINST COVID-19 AND RELATED COMPLICATIONS.

COVID-19 VACCINES ARE SAFE, EFFECTIVE, AND FREE.

YOU DESERVE TO HAVE YOUR QUESTIONS ANSWERED WHEN WE'RE TALKING ABOUT YOUR BODY AND YOUR HEALTH! KEEP ASKING QUESTIONS - THERE ARE DOCTORS, NURSES, FAMILY, AND OTHER PEOPLE AROUND YOU WHO LOVE YOU AND WHO WILL ALWAYS BE READY TO ANSWER THEM FOR YOU.



Sources:

Public Health Seattle King County
Frequently asked questions about COVID-19 vaccine
<https://kingcounty.gov/depts/health/covid-19/vaccine/FAQ.aspx>

Public Health Seattle King County
Dr. Ben Danielson answers kids' questions about Covid vaccines
<https://www.youtube.com/watch?v=ty41a5Pgb8>

EVERYONE AGE 5 AND OLDER SHOULD GET VACCINATED AGAINST COVID-19. EVERYONE AGE 12 AND OLDER SHOULD GET A 1ST BOOSTER TO HELP “BOOST” IMMUNITY AND MAXIMIZE PROTECTION.

DROP-IN AND SAME DAY APPOINTMENTS ARE AVAILABLE AT KING COUNTY OPERATED VACCINE SITES TO GET A COVID-19 VACCINE, THIRD SHOT FOR IMMUNE-COMPROMISED, 1ST BOOSTER, 2ND BOOSTER, AND KIDS VACCINE DOSES!

FOR AVAILABLE RESOURCES, INFORMATION, SCHEDULING AN APPOINTMENT, AND LOCATIONS, GO TO: [KINGCOUNTY.GOV/VACCINE](https://kingcounty.gov/vaccine). OR, USE YOUR MOBILE DEVICE TO SCAN THE QR CODE:



REGISTRATION OPEN: <https://bit.ly/sprcamp2022>



2022 SUMMER DAY CAMP

AGES 5-12 | Mon–Fri* | 7 a.m.–6 p.m.

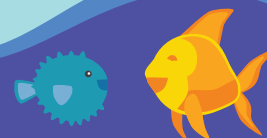
Cost: \$265/week

(\$212 for the week of 7/4)

(\$159 for the week of 8/29-8/31)



Seattle
Parks & Recreation



Scholarships available:
<https://bit.ly/sprscholarship2022>

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Seattle Department of
Education & Early Learning

www.seattle.gov/education